



# Editorial: A Good Sleep: The Role of Factors in Psychosocial Health

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**Keywords:** sleep, psychosocial, mental health, child, adolescent, adults

## Editorial on the Research Topic

### A Good Sleep: The Role of Factors in Psychosocial Health

A good night's sleep is vital for individuals of all ages to have effective cognitive and emotional processing (Kopasz et al., 2010; Yaffe et al., 2014; Garbarino et al., 2016; Tarokh et al., 2016). Furthermore, prior evidence shows that sleep is associated to physical and mental health, and to overall quality of life (Gradisar et al., 2008; Shochat et al., 2014; Garbarino et al., 2016), and therefore a good sleep is of great importance (Lin C.-Y. et al., 2018; Lin P.-H. et al., 2018). Unfortunately, it is not always easy for many people to achieve good sleep (Strong et al., 2018), especially in modern society that has rapid growth in technology. Indeed, a recent systematic review and meta-analysis found that internet addiction is highly associated with sleep disturbance (Alimoradi et al., 2019). Similarly, recent research shows the association between problematic social media use and poor sleep, which indicates a contemporary public health problem concerning sleep (Wong et al., 2020). In short, there is a need to investigate how different psychosocial factors are related to sleep in different stages of life.

Therefore, this special issue focuses on a variety of psychosocial factors associated with sleep in different age groups and contexts and comprises a systematic review and meta-analysis together with eight empirical papers. The systematic review and meta-analysis investigated by Magnavita et al. screened 749 studies, of which 34 were reviewed and seven were included in meta-analysis. They concluded that sleep problems could be increased by workplace violence (OR = 2.55; 95% CI = 1.77–3.66). In addition to the systematic review and meta-analysis, the other eight studies included in the special issue demonstrate the variety of different psychosocial factors that contribute to sleep across different populations. More specifically, four studies comprised Taiwanese populations, including female college students (Lin et al.), adolescents (Ho et al.; Hsieh et al.), and children (Lin), one study comprised Hong Kong children (Chien et al.), one study comprised the Polish general population (Herzog-Krzywoszanska and Krzywoszanski), and two studies comprised Swedish adolescents (Hedin et al.; Hena and Garmy).

Lin et al. recruited 503 female college students and found that students with a moderate to severe level of internet addiction had significantly poorer sleep quality than did those with mild or normal levels of internet addiction. Furthermore, those with mild levels of internet addiction had significantly poorer sleep quality than those not addicted to the internet. Logistic regression analysis further demonstrated the association between internet addiction and sleep quality (odds ratio = 1.05 95% CI = 1.03–1.06,  $p < 0.01$ ). These findings echo the findings of the aforementioned systematic review and meta-analysis (Alimoradi et al., 2019).

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### Edited and reviewed by:

Luis de Lecea,  
Stanford University, United States

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### Specialty section:

This article was submitted to  
Sleep and Circadian Rhythms,  
a section of the journal  
Frontiers in Neuroscience

**Received:** 01 April 2020

**Accepted:** 27 April 2020

**Published:** 26 May 2020

### Citation:

Pakpour AH, Griffiths MD,  
Ohayon MM, Broström A and Lin C-Y  
(2020) Editorial: A Good Sleep: The  
Role of Factors in Psychosocial  
Health. *Front. Neurosci.* 14:520.  
doi: 10.3389/fnins.2020.00520